

# ADENOIDECTOMY

## A Patients Guide

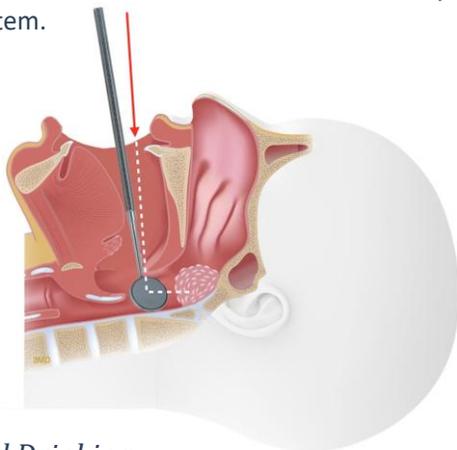


### What are Adenoids?

Adenoids are small glands located high in the throat, behind the nose and can't be easily seen. You can't see them through the mouth without the use of special instruments.

Adenoids are usually larger in children but tend to shrink to adult proportions by the age of 8 to 12 years.

Healthy Tonsils and Adenoids are part of the infection-fighting (immune) system, they produce antibodies to fight bacteria entering your mouth or nose. They are not essential, and their removal will not cause harm to your immune system.



### Eating and Drinking

We encourage normal eating and drinking as soon as possible. You or your child may feel more comfortable having softer foods at first. (Yoghurt, Pasta, Egg, Mash, Jelly) Avoid hot liquids, acidic (Banana), sharp foods like toast or chips and highly spiced foods for several days. (Tomatoes, Pineapple, Lemon, Berries) Cold fluids and ice blocks are a good alternative. Fluids are especially important to support recovery. Increased fluids help to prevent dehydration and the build-up of debris and blood clots at the operation site.

### Post-operative advice

An adenoidectomy performed without a tonsillectomy typically results in less pain. If it is done alongside other procedures, be sure to follow the post-operative instructions provided for those surgeries as well.

### First 2 weeks

For the first 14 days it is common to have a sore throat, bad breath, some ongoing snoring and a congested or runny nose. You may also experience some ear pain. Simple analgesia should help to improve these symptoms

### When to Seek Emergency Care

- If there is a large amount of fresh blood (more than 1 to 2 teaspoonfuls)
- If the bleeding continues for more than 10 minutes
- High temperature of fever

### What does surgery involve?

An Adenoidectomy can be performed on its own but is commonly combined with other operations such as a Tonsillectomy, a Turbinate Reduction or Cautery, Grommets or a Nasal surgery.

The Adenoidectomy operation takes around 15 – 30 minutes and can be performed through the mouth or the nose. On rare occasions, they can grow back.

### Why do I need my Adenoids removed?

David or Vanessa may recommend this operation if you have enlarged Adenoids due to chronic infection or allergies, which blocks airways, causing noisy breathing, loud snoring, sleep obstructive breathing, or recurring ear infections.

- Adenoids may prevent your Eustachian tube from working properly. This could cause ear infections or hearing loss.
- Large adenoids can block the back of the nose so that you can only breath through your mouth
- Large adenoids can contribute to sleep obstructive breathing. You may experience stopping breathing for few seconds in your sleep.

### Rest and Recovery

This operation will usually require 5 – 14 days recovery. Patients should be fine to return to normal activity within 7 days unless advised due to another operation.

### Follow Up Appointment

This operation alone requires one 6-week telehealth consultation. If you have had post-operative concerns we'd prefer to see you in person. If this operation is combined, a different post-operative review may be needed.

### Leaving Kensington Hospital

If you live within a safe distance of emergency care and have adult support around, you should be fine to go home on the same day. If not, you will be admitted for one overnight stay. Children under three years old with severe obstructive sleep apnoea might need to stay overnight at Kensington Hospital so we can monitor them more closely.

**CONTACT:** Phone our team first for advice!

Tūhauora Clinic                      09 55 33 781

Whangarei Hospital:              09 430 4100

Kaitaia Emergency:                408 9180

Ambulance:                            111

If we're unavailable, present acutely to your nearest ED or White Cross, If you cannot get to an urgent care facility within 30 minutes dial 111 within New Zealand and ask for emergency medical help.